

Roscommon Young Carers Project

The Community Mental Health Fund,
supported by the Department of Health

Who Qualifies?

Is there a person in your home (or that you care for outside the home) with additional needs of any kind? This may be due to a disability (physical/intellectual/neurological), chronic illness, mental health / addiction issues?

Do you have a young person under 21 living in your home, who offers support to the person above or who you feel gets less of your time/attention because of the caring you are doing?

If the answer is YES to both of these questions then you are not alone. There are thousands of young people around Ireland and Roscommon that fulfill a Young Carer role in some way.

We are here to offer support to you and your young person, as they could qualify to be part of our Roscommon Young Carers Project and we would love to hear from you.

What Do We Offer?

We are a newly launched Young Carers Project based in South Roscommon Family Resource Centre. Young Carers in the area who are under 21 and who fulfill a full – or part –time Carer role to someone, usually but not always, a family member in their home can join the project.

We aim to offer support to Carers in a way that suits their individual needs. We provide short term respite through regular days out and in our many clubs and workshops. We also offer supports in a variety of different ways:

- Helping set goals
- Accessing education and training
- Identifying and understanding the services that are available
- Help plan household budgets

The project continues the great work started in 2014, interacting with Young Carers 1-2-1, using face to face contacts and also online supports that can be accessed at any time to fit in with the busy schedules Young Carers often have. The project is evolving and improving based on the valuable feedback given by the Young Carers themselves and their families, to make sure this project gives the best, most meaningful support possible to the people that need it.



Who Runs It?

The project runs through the South Roscommon Family Resource Centre in Roscommon Town, but it is open to anyone living anywhere in Roscommon.

The project coordinator, Faye Hayden has a wealth of experience in youth work, spanning over 25 years and is also a Carer herself, so she understands the challenges, emotional and practical that present day to day. 'We're in this together' is the phrase of 2020, but that has always been our phrase. We are here to support you in whatever way you need and if we cannot do it ourselves, we will find someone who can.

How Do You Sign up?

Please don't hesitate to contact us to discuss joining the project as a participant or a volunteer. Being a Young Carer looks different for everyone, so don't think you won't be eligible.

Get in touch on

youngcarersproject.frc@vitahouse.org
or call 0906628621 or 0892388297

Social Media

You can find out more about the project and get lots of other useful information on our social media pages.

Twitter: Roscommon Young Carers Project

Instagram: Roscommon_Young Carers

Facebook: Roscommon Young Carers Project

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Can I Join?

Is there a person in your home or family member nearby that needs help from you or someone else at home? They may be someone who uses a wheelchair or takes special medicines, maybe someone with Autism or Down Syndrome, or someone who just needs a bit of extra help every day.

Are you younger than 21? Do you help out most days doing things for the person needing extra care? Or maybe you feel someone else in your family cannot give you as much time and attention as you would like as they are busy caring for the other person?

If the answer is YES to any of these questions, then you are not alone. There are thousands of young people around Ireland and Roscommon that are what is called - a Young Carer

We are here to offer support to you as part of Roscommon Young Carers Project.

What Do We Offer?

Young Carers in Roscommon who are under 21 can apply to join the project.

We offer lots of exciting activities and support to give you a break from being a Young Carer. You can meet and make friends with other Young Carers in a fun way, having time for to focus on YOU.

We know being a Young Carer can be busy, and you don't have lots of free time, so we will do our best to pick times that suit you and also have online activities and support. We want to get to know YOU and help you figure out what help you might need right now and in the future.

We listen to what you are telling us and want to work with everyone on the project to make it as fun and useful as possible.



Who Runs It?

The project runs through the South Roscommon Family Resource Centre in Roscommon Town, but it is open to anyone living anywhere in Roscommon – we can come to you.

The project co-ordinator, Faye has been working with young people for a long time and also is a Carer herself and she knows how hard it can be sometimes. So, she really wants to help you have the most fun possible and to listen to what you need to help you.

How Do You Sign up?

Being a Young Carer looks different for everyone, so don't think you can't be involved. Ask a parent or adult who cares for you (or a teacher at school) to get in touch on

youngcarersproject.frc@vitahouse.org
or call **0906628621** or **0892388297**

If they want more information, they can take a look with you on our Social Media Pages

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We Really Look Forward To Meeting You